

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Northside Life Care Center, Minneapolis

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**Goal:** To provide quality prenatal care to women who may otherwise experience barriers to access, and to offer support services both before and after birth

**For the period/quarter:** Oct – Dec 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Managing and administering the Positive Alternatives grant			
Outreach	Promoting the Positive Alternative programming			
Case Management Services	Enroll client in Small Steps and set goals Clients must meet with counselor at least once a month. Most meet twice a month for up to 6 months. Clients receive incentive items for following through	60	This has been a busy quarter and we still have 30 on our waiting list. Clients are often eager to work on goals in Small Steps and seem appreciative of the support they receive from their counselors.	152

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<b>Crib Distribution/ Sleep Safety Education</b>	Enroll client in Small Steps Meet individually with clients who complete assignments and assess progress All Small Steps clients complete safe sleep and SIDS curriculum Provide crib or Pack n Play if appropriate	8		2
<b>Education Assistance</b>	Enroll client in Small Steps Meet individually with clients who complete assignments and assess progress. Clients who choose education as a goal enroll in ESL,GED, or other educational programs Clients receive incentives for following through	5	Sometimes staying in school becomes a challenge as pregnancy progresses. Clients may feel overwhelmed trying to juggle school, job, or other children. At times we develop goals around helping clients stay in school and pass their classes.	1
<b>Employment Assistance</b>	Meet individually with clients who complete assignments and assess progress Clients who choose employment as a goal work on resumes and apply for jobs Clients receive incentives for following though	6		4

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<b>Life-Skills Education Program</b>	Enroll client in Small Steps Meet individually with clients who complete assignments and assess progress. Clients work on life skills i.e.: budgeting and finances, cleaning and organizing, exercise, nutrition, getting a driver's license Clients receive incentives for following through	25	Clients are desiring to become financially stable, establish good credit and get out of debt. We work on budgeting, savings, and connect our clients with financial counselors.  We have gotten very good responses to our lessons on Chastity and teaching sexual respect.	28
<b>Mental Health</b>	All prenatal patients receive a mental health assessment at their second OB visit, at 26 weeks and at 36 weeks Referrals are made for those patients needing more in depth mental health counseling	15	We are currently doing mental health assessments at the first OB visit, then at least once each trimester.	42
<b>Nutrition</b>	All clients with positive pregnancy tests are given prenatal vitamins if they don't already have them Prenatal patients are given prenatal vitamins when indicated	20	All positive test clients are given a gift bag that contains vitamins, a newborn diaper and onesie , and a 12 week fetal model with an educational card that describes a baby's development in the first 12 weeks of gestation.	50
<b>Parenting Education</b>	Enroll client in Small Steps Meet individually with clients who complete assignments and assess progress Clients can choose parenting, discipline, baby care etc. as a goal Clients receive incentives for following through	50	Clients are able to choose programs relevant to what is going on in their lives at the moment. One client has been struggling to potty train her almost 3 yr. old son, and she chose to complete the EWYL potty training program. She took away important information from the program including not shaming a child for accidents.	135

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<b>Prenatal Medical Care</b>	Nurse midwives provide prenatal care and center staff provides support services to patients	25	Our patients are lovely and truly seem to enjoy coming to North Side Pregnancy Options for their prenatal care. They enjoy each of the midwives as well as the nurse and clinic counselor. They say that they feel “well cared for”.	107
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	60	All clients are assessed for necessary services.	106
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	20	These clients are not enrolled in a grant funded program.	53

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	6
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	4
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	35
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	1
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	35

#### **Challenges:**

**Comments:** It's difficult to predict what clients will want to work on. Most clients choose parenting skills. We have added a temporary Small Steps counselor to help with the overload.